

What is ESCAPE-pain?

ESCAPE-pain is a group-based, NICE-approved rehabilitation programme for the management of osteoarthritis of the hip and/or knee. Classes are run by an exercise professional, and delivered over 12 classes (2 classes per week over 6 weeks). Each class integrates education and exercise.

Educational session = 20 minutes

Facilitated group discussion on self-management and coping strategies

Exercise regime = 40 minutes

Circuit-type, individualised and progressive

Please complete the following form

Today's date: _____

Full Name: _____

Address: _____

Date of Birth: _____

Telephone Number: _____

Email Address: _____

Please answer yes or no to the following questions:

Yes No

Are you able to attend 2 exercise sessions for 6 weeks?

Do you live with Knee or Hip osteoarthritis?

Where did you hear about this programme? (Please select box)

- | | |
|----------------------|------------------------------|
| • GP/Doctors Surgery | • Website |
| • Nurse | • Other (please state below) |
| • Physio | _____ |
| • Newspaper | |
| • Social Media | |

Do you agree to this data being shared with the instructor? (Please select box)

Yes No

Anonymous data will also be shared with Health Innovation Network and Sport England.

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